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Psycho-Physical Exercise

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PSYCHO-PHYSICAL EXERCISE

FORMULATED BY

WILLIS B. PARKS, M.D.

ATLANTA, GA.

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DEDICATED
TO
SUFFERING HUMANITY

ATLANTA, GA.
THE FRANKLIN PRINTING AND PUBLISHING CO.
1902

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BY W. B. PARKS, M. D.

INTRODUCTION.

Since the laiety and the advertising "shyester" think they are capable of prescribing their own exercise, or formulating their own physicial culture, as it is called in the popular magazines, with a view of atheletic sports, etc., the medical profession, as a rule, have stood aloof, and allowed one of the most important and legitimate remedial agents to become fearfully mutilated, and misapplied, by those who do not understand the first principles of exercise or its effects on the human system.

The anatomical mechanism and the physiological functionating of the human system, requires in regard to prescribing exercises, as much medical intelligence and skill, as it does to prescribe the most powerful potion or medicine, for medicine and exercise as a remedial agent, are alike subject to nature's imperative laws, and the indiscriminate use and prescribing of all kinds of exercises, often result in more or less injury (especially to the weak and nervous), without profit or credit to the practioner.

In formulating Psycho-Physical Exercise it is intended to meet the busy practitioner's ever ready want, when exercise may be indicated, by furnishing him in ethical form an exercise prescription nicely written in script on his own prescription, with letterhead name, office hours, address, etc., making it easy and convenient to prescribe, and charge for it as well as for any other prescription. It will be seen from the nature of these exercises, that it is not indicated or intended for weak, nervous and sedentary patients to take violent and vigorous exercise as though they were going in training for athletic sports or

for prize-fighting, but if they will take the exercise according to directions, they will get all the benefits required, for the slow movements will invite the blood to all parts of the system, building up good healthy muscle; also the body movements will give massage to the bowels, liver, and kidneys, without shock or injury, and also good gymnastics to the lungs, increasing from the start lung expansion. And, last but not least, the slow uniform motion whips the nervous and rebellious muscular system into absolute co-ordination or control of the mind and, after this is done, the practitioner's advice to his patient is ready, without fear of injury, to take up any violent physical exercise, preparatory to any athletic sports or vocations. It is hoped the worthy practitioner will kindly examine carefully the scientific side of these exercises, for in prescribing them he will not only benefit very much his patients but the exercises will be a source of revenue to his own pocket, that likely has been practically out of his reach.

THE AUTHOR.

THE SCIENTIFIC TREATISE OF THERAPEUTIC EXERCISE.

In Hare's System of Practical Therapeutics, Dr. Benjamin Lee says: "The day when the whole duty of the physician was comprised in the prescribing of pills and potions, and when anything beyond this was considered *infra dignitatem,* is happily in the past.

"The scientific practitioner of to-day considers his the whole realm of nature wherein to seek for means of curing the maladies and relieving the sufferings of those who place themselves under his care. The imponderables, the gases, physics, mechanics—all the forces of the universe—are laid under contribution to enable him to accomplish his beneficient objects. Man is now regarded not simply a combination of mysterious vital phenomena or a living laboratory of chemical processes and reactions, but also as a machine of wondrous complexity, obedient to the laws of mechanics, whose several components and constituents are to a great extent governed by the same physical forces as control similar elements outside of the living body."

Among the means belonging to this general class of remedial methods none have attracted more attention within the last quarter of a century than Mechanical Therapeutics, and this has been well deserved. Dr. Lee says, "Movement or motion is a modern philosophy of the initial of every physical phenomenon or process."

Heat, light, electricity, the attractions, are all modes of motions, to use the generally adopted phrase.

"When we come to the consideration of the living animal, however, the phenomena and processes which we call vital—this difficulty vanishes. In the primordial cell of every living tissue we are able with the aid of the microscope to see the motion going on. This cell is the unit and exponent of life, both in its origin and perpetuation. We observe the incessant movement of the contents of the cell, within and through

its walls by constant endosmosis and exosmosis. Irregularity or retardation of this motion constitutes the condition to which we give the name 'disease.' Cessation of endosmose and exosmose motion is death."

"Health" is that condition of the individual in which movements of the cell contents of all the tissues are normally carried on. It is the function of ordinary muscular movement, such as is used necessarily in the daily avocations of life or instinctively used in obedience to the imperative demands of the muscular sense, to maintain the normal movement of the cell contents.

In introducing any practical exercise on an ethical basis, it is not presuming to say that it is a long-felt want. It is then with the object of providing the practitioner with a reliable, practical and rational exercise, based on physiology, anatomy, and psychology, the last of which has been fearfully overlooked in all other exercises that have been presented to the profession. The advances made in all branches of medical learning during the last few years have rendered therapeutic measures increasingly rational and complete, and it is without dispute that physical exercise is one of the rational remedial agents, but its practical application, on account of the complicated and expensive machines and paraphernalia required to give or prescribe the exercises indicated puts it beyond the pale of the practitioner.

We have fully demonstrated that our new Psycho-Physical Exercise is rational, practical, and within the easy reach of the practitioner. It is practical because it does not require an expensive outlay of cumbersome machines or other paraphernalia. It is practical for the reason that all the principles of physical culture are condensed so that it is not necessary to wade through large volumes of literature to make out and condense a prescription suitable to your patient, for in this method you have all the literature setting forth the cardinal principles of not only Mechanical Therapeutics, but it shows clearly the all-important factor of the mind co-operating in the least and in every movement of all the exercises given. It is rational, first because it is in harmony with all of nature's simple but imperative laws; second, it finishes out

the exercise that your sedentary patient does not get, relieving him of the neurasthenic tendencies and conditions that follow insufficient exercise, and that without in the least taxing or straining the muscles or setting up irritation in the weak, flabby tissue, that would necessarily follow in forced, quick, or violent exercise; third, it is rational because it meets all the indications as an ethical therapeutic measure in all conditions where exercise should be supplemented as a remedial agent.

In describing the *modus operandi* of Psycho-Physical Exercise we will adhere strictly to the laws of physiology and psychology. We know that the mind and nerve centers are the *Visa Tergo* of the human economy, not metaphysically, but psychologically speaking of the harmonious action of the mind both voluntary and automatic, with all the body functions, insures health; the inharmonious action of mind with the body functions causes disease or conditions that lead to disease.

Those patients who need physical exercise as a remedial agent are usually characterized by insufficient or want of peripheral circulation with weak flabby tissue, cold extremities, attended with clammy perspiration, and if they are of neurasthenic tpye they are apt to have persistent indigestion, neuralgia, and many other symptoms that could result in numerous diseases. In restoring the peripheral circulation the weak flabby tissues should be abundantly supplied with the primordial cell which is the unit and exponent of all living tissue. These cells can be seen (as it is said) by the aid of the microscope, in their incessant movement within and through the walls by constant endosmosis and exosmosis.

In prescribing a physical exercise it is evident that the main object is to supply the tissue with this cell, the unit of life, and to do this without injury or interference in the process of endosmosis and exosmosis, the dilators and constrictors in the peripheral circulation must not be filled too fast or with undue force. It can be easily seen that in formulating Psycho-Physical Exercise, however slow in action, yet with the advantage of the absolute co-ordination of mind and motion the dilators and constrictors can be filled with life-giving blood without injury or disturbance of function.

It may be considered whether the blood will be carried sufficiently to the periphery by the slow motion as given in these exercised directions. By experiment it has been proven that by directing the mind to a partially atrophied limb, a decided increased flow of blood to the parts so directed, and the atrophied limb restored to the normal size, even without any motion whatever. Now, it is evident that a slow uniform motion will greatly aid in the directing process, or in other words, the slow motion up and down will greatly aid in inducing the blood to the parts without injuring the delicate vessels and the flabby tissue. Then it will be seen that the relation of exercise to the heart, and the circulation is a matter of most profound importance. In relation to this point the fact should be stressed that the heart is not the only force involved in the circulation of the blood. It is doubtless the great engine of the circulation, but it has been shown clearly by Schiff and numerous other physiologists, that the movement of the blood is greatly aided by the rhythmic action of the small vessels, both arterioles and capillaries. Then to aid the heart and the peripheral circulation, the thing needed is not simply an increased rate of heart activity, or an increased volume of the pulse, but an increased movement of the blood current throughout the entire system without undue hydrostatic blood pressure that would result in forced and violent exercise. We should look to this all-important part in prescribing exercise as a remedial agent; that we have not only a central heart to stimulate, but we have a delicate peripheral heart to protect from serious injury. Two other very important factors as remedial agents are included in this system of exercise: First, the deep breathing that is practiced before each exercise, the importance of which will not fail to attract the attention of the practitioner, for it is a known fact that few people actually know how to breathe.

It will be seen in the exercise directions that a deep breathing exercise is formulated with not only the view of oxygenizing the blood, but also giving superb gymnastics to lungs. Every practitioner is perfectly conversant with the very nervous condition of the patient who needs physical exercise, and here we will call attention to this fact: that this very nerv-

ous condition of the patient is expected to be benefited, notwithstanding the weak, flabby condition of the entire muscular system, by active, violent and heroic exercise. Every practitioner, after the second thought, will remember that with such patients the least muscular fatigue will increase nervousness. This exercise has been formulated with the view to meet all the conditions, and the slow uniform movements will undoubtedly effect a perfect co-ordination of muscle, nerve and brain action, thereby relieving your nervous patient, adding to your income, with gratitude to your name, for it is known that in the inability to control irregular muscular movements has the tendency to produce nervous prostration, and in giving the first arm exercise you will note the jerky movement of the arm when an attempt is made to bring the slow movement of the limb under the direct control of the mind and will.

To recapitulate: Psycho-Physical Exercise is intended to overcome the objections to other exercise as a therapeutic measure. If practiced persistently according to directions, it will invigorate the entire system, build up muscle that will not soften, gives good and desirable lung expansion, preventing or relieving incipient tendencies to the much dreaded lung diseases. It will build up the nervous system, and, unlike the blacksmith, the nerves when educated under muscle, brain and will co-ordination, can do as well the most artistic work with precision, or swing the heavy hammer with a forceful blow.

RULES AND FACTS IN REGARD TO PRESCRIBING PSYCHO-PHYSICAL EXERCISE.

The complete nine exercises can be prescribed all at the same time, but the tenth should not be taken by the patient until all the other exercises have been taken at least two weeks.

The tenth exercise is a dead-still exercise, except the deep breathing, which serves as a complete rest and a great tonic to not only all the muscles, but also to the nerves as well.

When your patient seems to rebel before completing any of

the exercises, that is the patient that needs it the most, and good results will positively follow if the directions are followed.

It must be remembered that these exercises are formulated as a remedial agent, and not intended to train for prize-fighting nor for athletic sports, but by all means these exercises should be taken thoroughly before going into any violent exercise, for it greatly prevents muscular soreness and heart leision.

Psycho-Physical Exercise is not an experiment. The system has been tested for several years, and will give as good results when indicated as medicine when medicine is indicated.

Will give a few cases successfully treated out of a great number by this exercise.

Case first.—Miss D. had been a victim of insomnia for several weeks from no cause except muscular and nerve exhaustion from excessive involuntary muscular movements which seemed to be uncontrollable by the patient. She took the nine exercises for two weeks, then added the tenth exercise for a week longer, which resulted in a complete relief from insomnia. In fact, the patient claimed that she felt like she could sleep at any and all times.

Case second.—Miss V., age twenty-two years, had received head injury a year previous to the time I saw her. She had well-developed choreic movements, such as twitching of muscles of face and mouth, involuntary throwing out of hands and feet, attended with general debility, indigestion. Three weeks' treatment with Psycho-Physical Exercise relieved all of the involuntary movements of muscles of the hand and feet, gained in weight, and much improved in every way.

Case third.—A young man had incipient writers-cramp from excessive typewriting. I gave him all the exercise, but paid especial attention to arm exercise, and in one month he was entirely relieved of a well-marked case of writers-cramp in the incipient stage.

Case fourth.—A doctor, age seventy-six, had excessive tremulousness of muscles of forearm like paralyses agitants, attended with general weakness, walked with unsteady gait, leaning

to the right as he walked in a falling, tottering way. When commenced taking exercise could not elevate right hand half to a level with shoulder. After taking the exercise two weeks could easily elevate both hands on a level with shoulders, and walked much better with not so much bending to the right, and with more confidence, etc.

This is only to show the large scope of patients that this exercise can and will relieve without doing any harm, which is more than can be said in administering medicines.

J. McFADDEN GASTON, M.D.,

Ex-President of the American Academy of Medicine; Ex-President of the Southern Surgical and Gynecological Society; Chairman of the Surgical Section of the American Medical Association, writes as follows:

No. 228 Prudential Bldg.,
Atlanta, Ga., Aug. 15th, 1902.

Dr. W. B. Parks,
Atlanta, Ga.

Dear Doctor:

I have read with great pleasure your paper on Psycho-Physical exercise for Neurotic troubles, and take pleasure in indorsing the correctness of your views of the applicability of this method to a large class of diseases.

I have availed myself personally of the instruction given by you as to the mode of proceeding with the exercise, and find it well suited to restore the tone and vigor of paretic limbs in which tremors have been progressive for two years prior to adopting your exercise.

The scientific treatment of such conditions commends itself to the medical profession, and physicians should be consulted by those suffering from insomnia, neurasthenia, and allied nervous disorders attended with tremulousness of the limbs and the head.

The correlation of the nerves and capillaries gives harmony to the functions of all parts of the body, and when interrupted from any cause leads to impairment of the trophic nerves. I seek to correct such troubles by mechanical means when possible, and by superficial measures with exercise.

The vasomotor nerves are tributary to the performance of the vital functions without reference to the voluntary acts of the individual, and yet the co-ordination of the peripheral and central parts call for uniformity of action in the Psycho-Physical result. The attention of the subject who undergoes the exercise is of importance in deriving the benefits of its general application, as well as in its local effects.

The claim of Psycho-Physical exercise is to utilize body and mind, and the uniform action and re-action of the motor or voluntary system and the organic or sympathetic nerves is an important result of this exercise.

It will be understood that this process need not interfere with the use of other means of medicinal treatment.

Very respectfully,

J. McFADDEN GASTON, M.D.

DR. J. C. AVERY,

Member of the American Medical Association, Georgia State Association, and Atlanta Society of Medicine, writes as follows:

DR. W. B. PARKS,
ATLANTA, GA.

MY DEAR DOCTOR:

It is with great pleasure that I have examined your work on Psycho-Physical Exercise, and I fully believe, with more profit than I have received from any book of like size, character and purpose that has come to my attention in a period of a quarter of a century of a world of busy book-building and reading on my part. In many ways has it commended itself to my approval, and will, I believe, so commend itself to every thoughtful physician who is honestly seeking the expression of many fundamental laws, and the best ready method of their application in the "healing art." Its convincing, forceful simplicity, with its comprehensive suggestiveness, is by no means its smallest point of value, though great enough is this characteristic to put it beyond a money valuation.

I will not more than touch upon a point or two which I think justifies me in the opinion I hold. As you and all other physicians in this part of the world well know, in the course of a girl's attendance at our public schools she is required to go through a so-called system of physical culture, and without regard to her special condition, the state of her health, or the amount or character of exercise she may, of necessity, have to perform away from school. She must go through this Physical Culture at school on the penalty of a disheartening low mark. With what gradation of exercise, or what variation on account of age, development or lack of development, or her condition as with reference to fatigue at the regulation hour, she still must get her share of "culture." As to the rationale of the system as applied in our city, I can perhaps best comment by reciting the fact that this very day I was called upon by a patron of our schools to examine and advise with regard to the propriety of having a daughter take physical culture during the coming session. I advised that she should not, *most positively*. A sister of this child, two years ago, had to be taken from school on account of a physical and nervous breaking down. Chorea, the effect of too heroic culture at an unpropitious time, being a prominent sign of her need for a change and rest. She was receiving the "culture" daily with a large class, probably fifty in her room, when the change and rest became necessary. Two years have passed and she still shows the effect of too heroic culture. Another, and several (not to say many) other similar cases have come under my observation, all having finally to receive less "culture" and more rest before an improvement could be observed. All of these, in my opinion,

instead of being injured by physical culture would have been benefited by your system of Psycho-Physical exercise.

Another class of patients cause me to feel indebted to you for your work in this system. As you are aware, my practice has long been in the fields of Gynecology and Surgery, and while we have books—many books—and journals galore on almost every branch and phase of this department of practice, I know of no volume that so clearly sets forth the things—the help I need and want, as you present it in your physical exercise. My ambition has, for several years, been to cure the diseased pelvic female organs without an operation (at least, without the extirpation of them), just as it once was with the older, and now is with the younger men of the profession, to count by series of a hundred the sacrificed ovaries of their hoping and dependent patients, and much thought have I given to this subject, and much reading have I done, to say nothing of my own effort put forth; and truly do I believe that I now have from you my best help in the guide to orderly, systematic exercise of these various organs—which is to say, that now I can positively control the circulation, the nourishment, the resolution or absorption of inflammatory products, the appropriate and needful physiological rest. Doctor, but for the fact that I know there is a limit to your powers of endurance, I would tell you that pain-relieving and sleep-producing portions will have to take a back seat if the doctors once learn the inestimable value of the intelligent use of your Physical Culture system in this direction.

For myself, and I believe I could safely do so for the whole profession the world over, I extend to you my grateful thanks for having so thoroughly and satisfactorily supplied me with just what I want and have wanted for many years—a guide and a light in the dark.

JAMES C. AVERY,
Atlanta, Ga.

J. S. TODD, M.D.

Ex-Secretary American Medical Association; Ex-President Georgia State Medical Association; First Assistant General Surgeon U. C. V.; Professor Materia Medica, College Physicians and Surgeons, Atlanta, Ga., writes as follows:

DR. PARKS:

Always appreciating the effects of mind over matter, and knowing that proper exercise is often better than drugs, I congratulate you on the formula you have gotten up for Psycho-Physical exercises, indorse the same, and hope you success.

J. S. TODD.

GEORGE H. NOBLE, M.D.,

Fellow of the American Gynecological Association; Fellow of the American Association of Obstetricians and Gynecologists; Fellow of the Southern Surgical and Gynecological Association; Ex-Secretary Section on Obstetrics of the American Medical Association; Ex-President of the Medical Association of Georgia; Ex-President of the Atlanta Society of Medicine, and Gynecologist of Grady Hospital, Atlanta, Ga., writes as follows:

In neurasthenic subjects and convalescent patients with soft and flabby muscles Dr. Parks's system of exercise is a very useful agent. It is a carefully graduated exercise supplanting massage in cases just getting on their feet, and is a helpful means of giving strength, hardening muscles and stimulating various emunctories. It is devoid of the risk of violence so common in many forms of exercise. Delicate children and women may use it with perfect confidence. GEO. H. NOBLE, M.D.

Atlanta, Ga., Sept. 9, 1902.

R. R. KIME, M.D.,

Ex-President Tri-State, Alabama, Georgia and Tennessee, Medical Society; Ex-President Georgia Medical Association; Ex-President Atlanta Society of Medicine; Member Southern Surgical and Gynecological Society, writes as follows:

W. B. Parks, M.D.,
Atlanta, Ga.

Dear Doctor:

I have read your manuscript on Psycho-Physical Exercise with interest and pleasure.

Physical exercise has not held that place in the treatment and prevention of disease that its importance demands. We commend your effort to put physical exercise on a rational scientific ethical basis.

It is not only of importance to the physician as a therapeutical measure, but of immense value in the development of the race.

We are glad you have originated a system of exercise that can be practiced by all classes without injury to any. It not only develops the physical but exercises the mental at the same time, which in many cases is of immense value in relieving nervous symptoms and in giving the mind control over the body.

Yours respectfully,

R. R. KIME, M.D.

DR. W. B. PARKS,

OFFICE, 201-202 PRUDENTIAL BLDG. RESIDENCE, 63 FOREST AVE.

PHONE 1461. PHONE NO. 697.

OFFICE HOURS, 9 TO 10 A. M., 12 TO 1 AND 5 TO 6 P. M.

℞ Stand erect with arms hanging loosly at the sides with mouth closed take a deep inspiration counting ten Hold the breath ten seconds then exhale the breath while counting ten covering a period of thirty seconds for one respiration Now with each arm perfectly relaxed (or limp) begin very slowly to elevate the arms until each hand is level with the shoulders Then flex the arm bending at the elbow till finger tips touches the top of each shoulder, then straighten out fore-arm keeping hands on level with shoulders Now rotate the whole arm at shoulder joint four times rotate fore-arm at elbow four times rotate each wrist four times. Then lower the arms very slowly to the sides.

_____ M. D.

DR. W. B. PARKS,

OFFICE, 201-202 PRUDENTIAL BLDG. RESIDENCE, 63 FOREST AVE.

PHONE 1461. PHONE NO. 697.

OFFICE HOURS, 9 TO 10 A. M., 12 TO 1 AND 5 TO 6 P. M.

℞ Stand erect arms hanging loosely on either side Close the mouth and take a deep inspiration of ten seconds duration Hold the breath ten seconds exhale the breath while you count ten taking thirty seconds for one respiration
Now with arms to hands perfectly relaxed, elevate the arms very slowly at the same time twisting inward, when on a level with the shoulders, the palms of the hands will be turned directly upwards.
Now rotate the arm at shoulder joint four times rotate the elbow four times also the wrist four times Flex the fore-arms tips of fingers touching the shoulders then straighten out arms palms of hands upwards then slowly lower to sides allowing to slowly untwist.

M. D.

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℞. Stand erect with mouth closed take deep inspiration while you count ten, Hold the breath ten seconds exhale the breath while you count ten Taking thirty seconds to complete the deep breathing exercise Now with arms perfectly relaxed elevate them very slowly at the same time twisting the arms at the elbow backwards until when the hands are level with the shoulders the palms are looking directly upwards and backwards. Now rotate arms at shoulder joints four times, rotate elbow four times, also do wrist the same. Flex the fore-arm four times in twisted position Then lower slow-ly to the side allowing arms to slowly unwind.

M. D.

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OFFICE HOURS, 9 TO 10 A. M., 12 TO 1 AND 5 TO 6 P. M.

℞ Stand erect, with mouth closed and hands hanging loosely at the sides. Take the deep breathing exercise as in all the other exercise. Now the knees rigid and slowly incline the upper part of the body forward as far as the as the rigidity of the knees will permit without unduely straining any part of the body the arms must hang loosely in front as the body is slowly bending now raise the body to the erect position slowly.

This exercise must be followed according to direction in order to receive the benefit of massage to the bowels

M. D.

DR. W. B. PARKS,

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℞ Take the same position as in former exercise also allowing same length of time for deep breathing exercise holding the breath and expelling the same, which is thirty seconds. Commence this exercise by standing with feet flat on the floor, bending the body above the hips slowly to the right, the arm hanging loosely pause in this position ten seconds, then slowly bring the body back to its natural erect position. This same exercise is to be repeated with the body bending to the left slowly. Before repeating however allow the thirty seconds deep breathing exercise.

M.D.

DR. W. B. PARKS,

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OFFICE HOURS, 9 TO 10 A. M., 12 TO 1 AND 5 TO 6 P. M.

℞ Take an erect position also inhale hold and exhale the breath covering thirty seconds for the deep breathing exercise Commence by allowing the body to bend backwards with head also falling with the body the knees must be allowed to bend forward in order to let the back bends as far as possible without undue strain then slowly raise the body to an erect position The arms should hang loose during this exercise.

M.D.

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OFFICE HOURS, 9 TO 10 A. M., 12 TO 1 AND 5 TO 6 P. M.

℞ Take an erect position hold the breath inhale and exhale covering thirty seconds With left hand grasping some convenient object (a chair or table) in order to steady the body on the left side Not elevate very slowly the right limb allowing the body to incline backward as the limb is elevated as far as possible without undue strain. Pause in this position ten seconds, after which allow the body and limb to assume the standing position, with-out touching the floor with right foot until this limb is carried backwards and body leaning forwards, and then allow limb and body to assume the natural erect position The left limb is to be carried through the same exercise including deep breathing.

M. D.

DR. W. B. PARKS,

OFFICE, 201-202 PRUDENTIAL BLDG. RESIDENCE, 63 FOREST AVE.

PHONE 1461. PHONE NO. 697.

OFFICE HOURS, 9 TO 10 A. M., 12 TO 1 AND 5 TO 6 P. M.

℞ Stand erect, arms relaxed, and with mouth closed take a deep inspiration lasting ten seconds. hold the breath ten seconds. exhale ten seconds, taking thirty seconds to complete the respiration Bow the head forward slowly until the chin rest on the chest, and without lifting the head roll or rotate the head slowly over the left shoulder, the back and right shoulder until head has made about four rotations. Never take more than four head rotations at one time, for too much turning the head over the shoulders at one time will cause dizziness.

M. D.

DR. W. B. PARKS,

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PHONE 1461. PHONE NO. 697.

OFFICE HOURS, 9 TO 10 A. M., 12 TO 1 AND 5 TO 6 P. M.

℞ Begin with the deep breathing exercise to be taken as in all other exercises. Elevate the right foot slowly gradualy turning the toes out until a comfortable elevation is reached. then lower the limb slowly, allowing the foot to assume its natural position
Then repeat this exercise turning the foot inward
You can take the same exercise with the left limb also take these exercises with both limbs, but elevate backwards turning the toes in and out

M. D.

DR. W. B. PARKS,

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PHONE 1461. PHONE NO. 697.

OFFICE HOURS, 9 TO 10 A. M., 12 TO 1 AND 5 TO 6 P. M.

℞ Seat yourself in a comfortable chair without leaning back right hand on right thigh with the left index finger compress the right side of the nose taking in deep inspiration twenty seconds duration hold in breath twenty seconds allow the left hand to rest on the left thigh and with the right index finger compress the right side of the nose allowing the breath to exhale twenty seconds, taking a period of sixty seconds for one respiration. While doing this important respiration sitting quietly keep the eyes steady on an object on a level with the eyes not over twenty feet distant and also try to see how long you can resist blinking the eyes. This the 10th exercise should not be taken until at least two weeks after all the exercise have been taken

M.D.

Name .....

Diagnosis .....

Result .....

DR. W. B. PARKS,

OFFICE, 201-202 PRUDENTIAL BLDG. RESIDENCE, 63 FOREST AVE.

PHONE 1461. PHONE NO. 697.

OFFICE HOURS, 9 TO 10 A. M., 12 TO 1 AND 5 TO 6 P. M.

℞ Stand erect with arms hanging loosly at the sides with mouth closed take a deep inspiration counting ten Hold the breath ten seconds then exhale the breath while counting ten covering a period of thirty seconds for one respiration Now with each arm perfectly relaxed (or limp) begin very slowly to elevate the arms until each hand is level with the shoulders Then flex the arm bending at the elbow till finger tips touches the top of each shoulder, then straighten out fore-arm keeping hands on level with shoulders Now rotate the whole arm at shoulder joint four times rotate fore-arm at elbow four times, rotate each wrist four times. Then lower the arms very slowly to the sides.

M. D.

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R. Stand erect arms hanging loosely on either side Close the mouth and take a deep inspiration of ten seconds duration Hold the breath ten seconds exhale the breath while you count ten taking thirty seconds for one respiration
Now with arms to hands perfectly relaxed, elevate the arms very slowly at the same time twisting inward, when on a level with the shoulders, the palms of the hands will be turned directly upwards.
Now rotate the arm at shoulder joint four times rotate the elbow four times also the wrist four times Flex the fore-arms tips of fingers touching the shoulders then straighten out arms palms of hands upwards then slowly lower to sides allowing to slowly untwist.

M. D.

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PHONE 1461. PHONE NO. 697.

OFFICE HOURS, 9 TO 10 A. M., 12 TO 1 AND 5 TO 6 P. M.

℞. Stand erect with mouth closed take deep inspiration while you count ten, Hold the breath ten seconds exhale the breath while you count ten taking thirty seconds to complete the deep breathing exercise Now with arms perfectly relaxed elevate them very slowly at the same time twisting the arms at the elbow backwards until when the hands are level with the shoulders the palms are looking directly upwards and backwards. Now rotate arms at shoulder joints four times, rotate elbow four times, also do wrist the same. Flex the fore-arm four times in twisted position Then lower slow-ly to the side allowing arms to slowly unwind.

_____M. D.

DR. W. B. PARKS,

OFFICE, 201-202 PRUDENTIAL BLDG. RESIDENCE, 63 FOREST AVE.

PHONE 1461. PHONE NO. 697.

OFFICE HOURS, 9 TO 10 A. M., 12 TO 1 AND 5 TO 6 P. M.

℞ Stand erect, with mouth closed and hands hanging loosely at the sides. Take the deep breathing exercise as in all the other exercise. Now the knees rigid and slowly incline the upper part of the body forward as far as the as the rigidity of the knees will permit without unduely straining any part of the body the arms must hang loosely in front as the body is slowly bending now raise the body to the erect position slowly.

This exercise must be followed according to direction in order to receive the benefit of massage to the bowels

M. D.

DR. W. B. PARKS,

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PHONE 1461. PHONE NO. 697.

OFFICE HOURS, 9 TO 10 A. M., 12 TO 1 AND 5 TO 6 P. M.

℞ Take the same position as in former exercise also allowing same length of time for deep breathing exercise holding the breath and expelling the same, which is thirty seconds. Commence this exercise by standing with feet flat on the floor, bending the body above the hips slowly to the right, the arm hanging loosely, pause in this position ten seconds, then slowly bring the body back to its natural erect position. This same exercise is to be repeated with the body bending to the left slowly. Before repeating however, allow the thirty seconds deep breathing exercise.

M.D.

DR. W. B. PARKS,

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PHONE 1461. PHONE NO. 697.

OFFICE HOURS, 9 TO 10 A. M., 12 TO 1 AND 5 TO 6 P. M.

℞ Take an erect position also inhale hold and exhale the breath covering thirty seconds for the deep breathing exercise Commence by allowing the body to bend backwards with head also falling with the body the knees must be allowed to bend forward in order to let the back bends as far as possible without undue strain then slowly raise the body to an erect position The arms should hang loose during this exercise.

M.D.

DR. W. B. PARKS,

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PHONE 1461. PHONE NO. 697.

OFFICE HOURS, 9 TO 10 A. M., 12 TO 1 AND 5 TO 6 P. M.

℞ Take an erect position hold the breath inhale and exhale covering thirty seconds With left hand grasping some convenient object (a chair or table) in order to steady the body on the left side Not elevate very slowly the right limb allowing the body to incline backward as the limb is elevated as far as possible without undue strain. Pause in this position ten seconds, after which allow the body and limb to assume the standing position, without touching the floor with right foot until this limb is carried backwards and body leaning forwards, and then allow limb and body to assume the natural erect position The left limb is to be carried through the same exercise including deep breathing.

M. D.

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PHONE 1461. PHONE NO. 697.

OFFICE HOURS, 9 TO 10 A. M., 12 TO 1 AND 5 TO 6 P. M.

℞ Stand erect, arms relaxed, and with mouth closed take a deep inspiration lasting ten seconds, hold the breath ten seconds, exhale ten seconds, taking thirty seconds to complete the respiration. Bow the head forward slowly until the chin rest on the chest, and without lifting the head roll or rotate the head slowly over the left shoulder, the back and right shoulder until head has made about four rotations. Never take more than four head rotations at one time, for too much turning the head over the shoulders at one time will cause dizziness.

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OFFICE, 201-202 PRUDENTIAL BLDG. RESIDENCE, 63 FOREST AVE.

PHONE 1461. PHONE NO. 697.

OFFICE HOURS. 9 TO 10 A. M., 12 TO 1 AND 5 TO 6 P. M.

℞ Begin with the deep breathing exercise to be taken as in all other exercises. Elevate the right foot slowly gradualy turning the toes out until a comfortable elevation is reached. then lower the limb slowly, allowing the foot to assume its natural position
Then repeat this exercise turning the foot inward. You can take the same exercise with the left limb also take these exercises with both limbs, but elevate backwards turning the toes in and out

M. D.

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OFFICE, 201-202 PRUDENTIAL BLDG. RESIDENCE, 63 FOREST AVE.

PHONE 1461. PHONE NO. 697.

OFFICE HOURS, 9 TO 10 A. M., 12 TO 1 AND 5 TO 6 P. M.

℞ Seat your-self in a comfortable chair without leaning back right hand on right thigh with the left index finger compress the right side of the nose taking in deep inspiration twenty seconds duration hold in breath twenty seconds allow the left hand to rest on the left thigh and with the right index finger compress the right side of the nose allowing the breath to exhale twenty seconds, taking a period of sixty seconds for one respiration While doing this important respiration sitting quietly keep the eyes steady on an object on a level with the eyes not over twenty feet distant and also try to see how long you can resist bating the eyes. This the 10th exercise should not be taken until at least two weeks after all the exercise have been taken

M. D.

Name .....

Diagnosis .....

Result .....

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OFFICE, 201-202 PRUDENTIAL BLDG. RESIDENCE, 63 FOREST AVE.

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DR. W. B. PARKS,

OFFICE, 201-202 PRUDENTIAL BLDG. RESIDENCE, 63 FOREST AVE.

PHONE 1461. PHONE NO. 697.

OFFICE HOURS, 9 TO 10 A. M., 12 TO 1 AND 5 TO 6 P. M.

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Now with arms to hands perfectly relaxed, elevate the arms very slowly at the same time twisting inward. when on a level with the shoulders, the palms of the hands will be turned directly upwards.
Now rotate the arm at shoulder joint four times rotate the elbow four times also the wrist four times Flex the fore-arms tips of fingers touching the shoulders then straighten out arms palms of hands upwards then slowly lower to sides allowing to slowly untwist.

_____ M. D.

DR. W. B. PARKS,

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M.D.

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PHONE 1461. PHONE NO. 697.

OFFICE HOURS, 9 TO 10 A. M., 12 TO 1 AND 5 TO 6 P. M.

℞ Take an erect position hold the breath inhale and exhale covering thirty seconds with left hand grasping some convenient object (a chair or table) in order to steady the body on the left side. Now elevate very slowly the right limb allowing the body to incline backward as the limb is elevated as far as possible without undue strain. Pause in this position ten seconds, after which allow the body and limb to assume the standing position, without touching the floor with right foot until this limb is carried backwards and body leaning forwards, and then allow limb and body to assume the natural erect position. The left limb is to be carried through the same exercise including deep breathing.

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Then repeat this exercise turning the foot inward. You can take the same exercise with the left limb also take these exercises with both limbs, but elevate backwards turning the toes in and out

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℞ Seat yourself in a comfortable chair without leaning back right hand on right thigh with the left index finger compress the right side of the nose taking in deep inspiration twenty seconds duration hold in breath twenty seconds allow the left hand to rest on the left thigh and with the right index finger compress the right side of the nose allowing the breath to exhale twenty seconds, taking a period of sixty seconds for one respiration While doing this important respiration sitting quietly keep the eyes steady on an object on a level with the eyes not over twenty feet distant and also try to see how long you can resist bating the eyes. This the 10th exercise should not be taken until at least two weeks after all the exercise have been taken

M. D.

Name .....

Diagnosis .....

Result .....

DR. W. B. PARKS,

OFFICE, 201-202 PRUDENTIAL BLDG. RESIDENCE, 63 FOREST AVE.

PHONE 1461. PHONE NO. 697.

OFFICE HOURS, 9 TO 10 A. M., 12 TO 1 AND 5 TO 6 P. M.

℞ Stand erect with arms hanging loosly at the sides with mouth closed take a deep inspiration counting ten Hold the breath ten seconds then exhale the breath while counting ten covering a period of thirty seconds for one respiration Now with each arm perfectly relaxed (or limp) begin very slowly to elevate the arms until each hand is level with the shoulders Then flex the arm bending at the elbow till finger tips touches the top of each shoulder, then straighten out fore-arm keeping hands on level with shoulders Now rotate the whole arm at shoulder joint four times rotate fore-arm at elbow four times rotate each wrist four times. Then lower the arms very slowly to the sides.

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Now with arms to hands perfectly relaxed, elevate the arms very slowly at the same time twisting inward, when on a level with the shoulders, the palms of the hands will be turned directly upwards.
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_____M.D.

DR. W. B. PARKS,

OFFICE, 201-202 PRUDENTIAL BLDG. RESIDENCE, 63 FOREST AVE.

PHONE 1461. PHONE NO. 697.

OFFICE HOURS, 8 TO 10 A. M., 12 TO 1 AND 5 TO 6 P. M.

℞ Take an erect position hold the breath inhale and exhale covering thirty seconds with left hand grasping some convenient object (a chair or table) in order to steady the body on the left side Next elevate very slowly the right limb allowing the body to incline backward as the limb is elevated as far as possible without undue strain. Pause in this position ten seconds, after which allow the body and limb to assume the standing position, with-out touching the floor with right foot until this limb is carried backwards and body leaning forwards, and then allow limb and body to assume the natural erect position The left limb is to be carried through the same exercise including deep breathing.

M. D.

DR. W. B. PARKS,

OFFICE, 201-202 PRUDENTIAL BLDG. RESIDENCE, 63 FOREST AVE.

PHONE 1461. PHONE NO. 697.

OFFICE HOURS, 9 TO 10 A. M., 12 TO 1 AND 5 TO 6 P. M.

℞ Stand erect, arms relaxed, and with mouth closed take a deep inspiration lasting ten seconds. hold the breath ten seconds. exhale ten seconds, taking thirty seconds to complete the respiration Bow the head forward slowly until the chin rest on the chest, and without lifting the head roll or rotate the head slowly over the left shoulder, the back and right shoulder until head has made about four rotations. Never take more than four head rotations at one time, for too much turning the head over the shoulders at one time will cause dizziness.

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OFFICE, 201-202 PRUDENTIAL BLDG. RESIDENCE, 63 FOREST AVE.

PHONE 1461. PHONE NO. 697.

OFFICE HOURS, 9 TO 10 A. M., 12 TO 1 AND 5 TO 6 P. M.

℞ Begin with the deep breathing exercise to be taken as in all other exercises. Elevate the right foot slowly gradualy turning the toes out until a comefortable elevation is reached. then lower the limb slowly, allowing the foot to assume its natural position
Then repeat this exercise turning the foot inward. You can take the same exercise with the left limb also take these exercises with both limbs, but elevate backwards turning the toes in and out

M. D.

DR. W. B. PARKS,

OFFICE, 201-202 PRUDENTIAL BLDG. RESIDENCE, 63 FOREST AVE.

PHONE 1461. PHONE NO. 697.

OFFICE HOURS, 9 TO 10 A. M., 12 TO 1 AND 5 TO 6 P. M.

℞ Seat yourself in a comfortable chair without leaning back right hand on right thigh with the left index finger compress the right side of the nose taking in deep inspiration twenty seconds duration hold in breath twenty seconds allow the left hand to rest on the left thigh and with the right index finger compress the right side of the nose allowing the breath to exhale twenty seconds, taking a period of sixty seconds for one respiration. While doing this important respiration sitting quietly keep the eyes steady on an object on a level with the eyes not over twenty feet distant and also try to see how long you can resist blinking the eyes. This the 10th exercise should not be taken until at least two weeks after all the exercise have been taken

M.D.

Name .....

Diagnosis .....

Result .....

DR. W. B. PARKS,

OFFICE, 201-202 PRUDENTIAL BLDG. RESIDENCE, 63 FOREST AVE.

PHONE 1461. PHONE NO. 697.

OFFICE HOURS, 9 TO 10 A. M., 12 TO 1 AND 5 TO 6 P. M.

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PHONE 1461. PHONE NO. 697.

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Now with arms to hands perfectly relaxed, elevate the arms very slowly at the same time twisting inward, when on a level with the shoulders, the palms of the hands will be turned directly upwards.
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M. D.

Name .....

Diagnosis .....

Result .....

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OFFICE HOURS. 9 TO 10 A. M., 12 TO 1 AND 5 TO 6 P. M.

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℞. Stand erect with mouth closed take deep inspiration while you count ten, Hold the breath ten seconds exhale the breath while you count ten taking thirty seconds to complete the deep breathing exercise. Now with arms perfectly relaxed elevate them very slowly at the same time twisting the arms at the elbow backwards until when the hands are level with the shoulders the palms are looking directly upwards and backwards. Now rotate arms at shoulder joints four times, rotate elbow four times, also do wrist the same. Flex the fore-arm four times in twisted position then lower slow-ly to the side allowing arms to slowly untwist.

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℞. Stand erect with mouth closed take deep inspiration while you count ten, Hold the breath ten seconds exhale the breath while you count ten Taking thirty seconds to complete the deep breathing exercise Now with arms perfectly relaxed elevate them very slowly at the same time twisting the arms at the elbow backwards until when the hands are level with the shoulders the palms are looking directly upwards and backwards. Now rotate arms at shoulder joints four times, rotate elbow four times, also do wrist the same. Flex the fore-arm four times in twisted position Then lower slow-ly to the side allowing arms to slowly untwist.

M. D.

DR. W. B. PARKS,

OFFICE, 201-202 PRUDENTIAL BLDG. RESIDENCE, 63 FOREST AVE.

PHONE 1461. PHONE NO. 697.

OFFICE HOURS, 9 TO 10 A. M., 12 TO 1 AND 5 TO 6 P. M.

℞ Stand erect, with mouth closed and hands hanging loosely at the sides. Take the deep breathing exercise as in all the other exercise. Now the knees rigid and slowly incline the upper part of the body forward as far as the as the rigidity of the knees will permit without unduely straining any part of the body the arms must hang loosely in front as the body is slowly bending now raise the body to the erect position slowly.

This exercise must be followed according to direction in order to receive the benefit of massage to the bowels

M. D.

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℞ Take the same position as in former exercise also allowing same length of time for deep breathing exercise holding the breath and expelling the same, which is thirty seconds. Commence this exercise by standing with feet flat on the floor, bending the body above the hips slowly to the right, the arm hanging loosely pause in this position ten seconds, then slowly bring the body back to its natural erect position. This same exercise is to be repeated with the body bending to the left slowly. Before repeating however, allow the thirty seconds deep breathing exercise.

M. D.

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℞ Take an erect position also inhale hold and exhale the breath covering thirty seconds for the deep breathing exercise Commence by allowing the body to bend backwards with head also falling with the body the knees must be allowed to bend forward in order to let the back bends as far as possible without undue strain then slowly raise the body to an erect position The arms should hang loose during this exercise.

M.D.

DR. W. B. PARKS,

OFFICE, 201-202 PRUDENTIAL BLDG. PHONE 1461.

RESIDENCE, 63 FOREST AVE. PHONE NO. 697.

OFFICE HOURS, 9 TO 10 A. M., 12 TO 1 AND 5 TO 6 P. M.

℞ Take an erect position hold the breath inhale and exhale covering thirty seconds With left hand grasping some convenient object (a chair or table) in order to steady the body on the left side Not elevate very slowly the right limb allowing the body to incline backward as the limb is elevated as far as possible without undue strain. Pause in this position ten seconds, after which allow the body and limb to assume the standing position, with-out touching the floor with right foot until this limb is carried backwards and body leaning forwards, and then allow limb and body to assume the natural erect position The left limb is to be carried through the same exercise including deep breathing.

M.D.

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℞ Stand erect, arms relaxed, and with mouth closed take a deep inspiration lasting ten seconds. hold the breath ten seconds. exhale ten seconds, taking thirty seconds to complete the respiration Bow the head forward slowly until the chin rest on the chest, and without lifting the head roll or rotate the head slowly over the left shoulder, the back and right shoulder until head has made about four rotations. Never take more than four head rotations at one time, for too much turning the head over the shoulders at one time will cause dizziness.

_____ M. D.

DR. W. B. PARKS,

OFFICE, 201-202 PRUDENTIAL BLDG. RESIDENCE, 63 FOREST AVE.

PHONE 1461. PHONE NO. 697.

OFFICE HOURS, 9 TO 10 A. M., 12 TO 1 AND 5 TO 6 P. M.

℞ Begin with the deep breathing exercise to be taken as in all other exercises. Elevate the right foot slowly gradualy turning the toes out until a comefortable elevation is reached. then lower the limb slowly, allowing the foot to assume its natural position
Then repeat this exercise turning the foot inward. You can take the same exercise with the left limb also take these exercises with both limbs, but elevate backwards turning the toes in and out

M. D.

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OFFICE HOURS, 9 TO 10 A. M., 12 TO 1 AND 5 TO 6 P. M.

℞ Seat yourself in a comfortable chair without leaning back right hand on right thigh with the left index finger compress the right side of the nose taking in deep inspiration twenty seconds duration hold in breath twenty seconds allow the left hand to rest on the left thigh and with the right index finger compress the right side of the nose allowing the breath to exhale twenty seconds, taking a period of sixty seconds for one respiration. While doing this important respiration sitting quietly keep the eyes steady on an object on a level with the eyes not over twenty feet distant and also try to see how long you can resist bating the eyes. This the 15th exercise should not be taken until at least two weeks after all the exercise have been taken

M. D.

Name .....

Diagnosis .....

Result .....

DR. W. B. PARKS,

OFFICE, 201-202 PRUDENTIAL BLDG. RESIDENCE, 63 FOREST AVE.

PHONE 1461. PHONE NO. 697.

OFFICE HOURS, 9 TO 10 A. M., 12 TO 1 AND 5 TO 6 P. M.

℞ Stand erect with arms hanging loosly at the sides with mouth closed take a deep inspiration counting ten Hold the breath ten seconds then exhale the breath while counting ten covering a period of thirty seconds for one respiration Now with each arm perfectly relaxed (or limp) begin very slowly to elevate the arms until each hand is level with the shoulders Then flex the arm bending at the elbow till finger tips touches the top of each shoulder, then straighten out fore-arm keeping hands on level with shoulders Now rotate the whole arm at shoulder joint four times rotate fore-arm at elbow four times rotate each wrist four times. Then lower the arms very slowly to the sides.

_____ M. D.

DR. W. B. PARKS,

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OFFICE HOURS, 9 TO 10 A. M., 12 TO 1 AND 5 TO 6 P. M.

R. Stand erect arms hanging loosely on either side Close the mouth and take a deep inspiration of ten seconds duration Hold the breath ten seconds exhale the breath while you count ten taking thirty seconds for one respiration
Now with arms to hands perfectly relaxed, elevate the arms very slowly at the same time twisting inward, when on a level with the shoulders, the palms of the hands will be turned directly upwards.
Now rotate the arm at shoulder joint four times rotate the elbow four times also the wrist four times Flex the fore-arms tips of fingers touching the shoulders then straighten out arms palms of hands upwards then slowly lower to sides allowing to slowly untwist.

M. D.

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_____ M. D.

Name .....

Diagnosis .....

Result .....

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